

# Sports Nutrition for Nippers

Noosa Heads SLSC

**Want to run further, swim faster and paddle harder?**

The training you do at Nippers will help you become fitter and stronger, but only if you are getting all the nutrients you need for energy, growth and recovery. Elite athletes, including ironmen and ironwomen, follow a high performance sports nutrition program to ensure they get the fuel they need to perform.

## eating to train

- each time you do board training or swim squad or sand sprints, or go for a run, your muscles use up some of their fuel stores – anywhere from a little to a lot, depending on how hard or long the session is. Your muscles main fuel stores are called **glycogen**.
- Glycogen is made from carbohydrate, so to keep your glycogen stores topped up, you need to eat enough nutritious **carbohydrate** rich foods, before and after training sessions.
- Eating plenty of carbohydrate rich foods and training effectively can help your muscles store **extra fuel**, ready for competition.
- To make glycogen, you also need **water** – lots of it!
- You also need lots of water each day to help your body keep its temperature even. Dehydration puts a lot of stress on your body.
- You need to include small amounts of **protein** rich foods at each meal, particularly when you have trained hard. Protein helps your muscles recover and grow.
- Eating too many high **fat**, low nutrient foods (like lollies, chips, donuts, sausages, fried foods) makes it difficult to meet your daily carbohydrate and protein needs, particularly in the critical time before competition. You should, however, include foods with 'healthy' fats, like nuts, olives, avocado and fish, each day.



## High carbohydrate and high protein meal ideas (sponsor products in green)

### Breakfast:

- Wholegrain cereal with low fat milk/yogurt
- Porridge (e.g. Planet Organic Gluten Free porridge) with low fat milk
- Bakers Delight Wholemeal/grain/chia toast or Chia Fruit toast with Planet Organic Fruit Spread or honey or avocado & tomato
- Boiled/poached eggs on Bakers Delight grain/wholemeal/chia toast
- Pancakes with Planet Organic fruit spread or fresh fruit & yoghurt
- Baked beans on Bakers Delight wholemeal/grain/chia toast
- Smoothie made with frozen banana/berries/mango & yogurt
- Fresh fruit – watermelon, mango, berries, kiwifruit, melon, pear, apple, etc.
- water, milk
- Planet Organic herbal tea

### Lunch:

- Bakers Delight wholemeal/multigrain/chia roll, bread, pita bread filled with: tuna, egg, lean meat, chicken, hummus, peanut butter, or cheese and salad – lettuce, tomato, capsicum, onion, avocado etc.
- pasta or rice salad
- noodles and vegetables
- fresh fruit, canned fruit, dried fruit
- low fat yogurt, creamy rice
- low fat muffins, carrot/banana cake
- nuts or Planet Organic Soy nuts

### Dinner:

- Lean meat, chicken, fish, eggs or legumes (lentils, chickpeas etc.) or Planet Organic Vegetarian Mince
- Potato, rice, pasta, noodles, sweetcorn, or Bakers Delight wholemeal/grain/chia bread
- vegetables and salad (full of important antioxidants so eat lots!).
- water
- fruit, low fat icecream, custard, yogurt



## eating to compete

There is nothing quite like a full day (or two) of surf lifesaving carnival activities to really exhaust the body's fuel and fluid stores! It makes sense then, to start off with full fuel stores and in a well hydrated state. Try and have carbohydrate rich meals the day before the carnival, based on foods like **rice, pasta, sweet potato, legumes, noodles and Bakers Delight breads, and include carbohydrate rich snacks like fruit, Bakers Delight fruit bread, fruit yogurt, dried fruit, pancakes with Planet Organic fruit spread or ricecrackers** over the day. A big bowl of pasta with tomato based sauce & salad is a great lunch, or lots of rice/noodles or quinoa. This will fill your muscles stores with glycogen to help maximize their performance the following day. Having enough fluid is also critical. Children should try and drink from 4 (smaller kids) -8 (bigger kids) cups of fluid over the day.  
*(Peeing straw colored urine often, the night before the carnival is a good sign that you are well hydrated!)*

### Pre event meal:

Your pre-event meal will help top up your liver glycogen stores, prevent hunger and help your concentration and energy levels.

### Guidelines for eating before carnivals

- eat 3-4 hours before exercise to allow time for your stomach to empty (although a light carbohydrate snack can be consumed closer depending on the individual and the activity – small piece fruit, low fat yoghurt, liquid meal supplement, sports drink)
- eat enough food to feel comfortable, not over full
- moderate dietary fibre intake to avoid bloating, diarrhoea and discomfort during exercise
- include foods rich in carbohydrate
- select low fat options as higher fat foods take longer to leave the stomach
- include adequate fluid – some people feel more comfortable with a liquid meal eg smoothie or liquid meal supplement (Sustagen, Up & Go) if they can't tolerate solid food
- ensure foods and fluids are familiar and enjoyable



### Pre-carnival food and fluid ideas

- cereal or porridge with low fat milk
- pancakes with maple syrup
- toast, crumpet, or muffin with honey/jam/vegemite
- fresh or canned fruit
- fruit yogurt
- baked beans (may be too high in fibre for some people) or spaghetti
- nori rolls, inari or other rice based sushi
- fruit toast
- noodles
- low fat fruit muffin
- ricecakes with peanut butter and banana
- beetroot juice (delicious mixed with apple, pineapple and carrot juice)
- baked potato
- creamy rice or low fat fried rice
- pasta with tomato based sauce
- cous cous or quinoa salad
- low fat fruit smoothie
- beetroot juice
- salad roll/bagel or sandwich with low fat filling
- water



The night before a carnival, get the **esky** out and pack it with a range of healthy low fat, high carbohydrate snacks and fluids.

On the day, the goal is to keep fuel and fluid stores topped up between and after events.

### Fit Esky Ideas

- watermelon chunks
- mango slices
- bananas, oranges, pineapple, melon
- small packs dried fruit (e.g. sultanas)
- fresh dates
- rockmelon
- small tubs fruit yogurt
- low fat fruit bars
- mini pikelets with honey
- Bakers Delight rolls or sandwiches with low fat fillings
- pasta or rice salad
- sushi rolls
- Bakers Delight fruit roll or fun bun or blueberry bunlet
- rice crackers
- cold water
- sports drink
- frozen fruit juice
- small amount of jelly snakes/jelly beans for afternoon motivation!





For maximum stomach comfort, aim to have only **fluid** (e.g. water/sports drink) if there is **less than ½ hour** between events, a **small snack** if there is **between ½ - 1 hour**, and a **light meal** if you have **more than 1 – 1 ½ hours** between races (e.g. salad roll, pasta salad).

Drinking enough **fluid** is really important over a long, hot day. Bring plenty of cool fluid and make sure you have a drink bottle with you at the tent to have before and after each event. Start drinking early in the day before you get dehydrated. You can use a little sports drink if there is not enough time to eat adequate carbohydrate, however water is the best fluid most of the time.

Most importantly, have a carbohydrate/protein rich snack within 30 minutes after the last event of the day to refuel tired muscles and help speed their rate of **recovery**. This is particularly important if you have another day of competition the following day. This could be a flavoured milk, smoothie, chicken sandwich, tuna wrap or Sustagen Sport.

Making the effort to boost carbohydrate and fluid intake before and between events can make an enormous difference to not only energy levels and time to fatigue on the day, but also to your ability to recover and front up to competition the next day or training the following week!

Good luck, and have fun.

Any questions, please contact me on [lorna@lornagarden.com](mailto:lorna@lornagarden.com)

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